

Money Kills it All

A lot of us have a difficult relationship with money. It can certainly create difficulties within relationships. As we see in many of the world's economies just now a great deal of stress and suffering can come from failed budgeting, over spending or anticipating income that has not yet arrived. Many of us find it difficult to either make money or to hold onto it. If one of you in a partnership has this problem then you have an issue to work on. If both of you do then you have a serious issue to work on! If you also have a problem agreeing on what to do with your money then you also have an issue to resolve!

Here are some suggestions to improve relationships with money:

- Know that you are worthy of receiving it. Value it as you value the energy you put into achieving it.
- See it as an energy flow, if it's held tight and not used its energy will become stagnant and unproductive, if it's used to uplift your life and others it will bring vitality and will replenish itself.
- Don't judge yourself for having money – lack and poverty are not spiritual accomplishments.
- If you argue about money split it and each take your own responsibility for your own pot.
- You can attract money as you can attract anything you need in life. Hold the vision of what you want or need and then from integrity see it coming towards you. I attracted £20,000 in one week to start a charity just be intention.
- Don't spend it until you have it! Why stress yourself with such a risk. How many nights of restless sleep are caused by money worries? Just don't do it.
- If money troubles are hurting your relationship decide where your goals and focus lie. Is money more important than your love? Is money going to make you really happy? Can you downsize and still be happy together? Prioritise. First decide to let go stress, fear and blame from your relationship and visualise yourself happy – then see money joining in the partnership. Then celebrate!

Good luck and blessings – oh, yes and may you be prosperous!

Anne x